



WHATSheATE



Baked Sweet Potato with Curried Yogurt Dressing



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



236 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon curry powder
- ☐ 2 drops hot sauce
- ☐ 0.5 cup yogurt plain low-fat
- ☐ 2 medium sweet potatoes

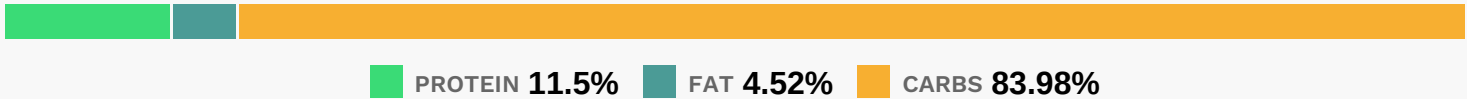
Equipment

- ☐ oven

Directions

- ☐ Preheat oven to 350F.
- ☐ Cut sweet potatoes in half and bake on a sheet for 40 minutes.
- ☐ Combine yogurt with curry powder and hot sauce. Top each potato half with 1/4 cup dressing.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:22.45, Inflammation Score:-10, Nutrition Score:17.376521649568%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 236.31kcal (11.82%), Fat: 1.2g (1.85%), Saturated Fat: 0.68g (4.23%), Carbohydrates: 50.38g (16.79%), Net Carbohydrates: 43.27g (15.73%), Sugar: 13.8g (15.33%), Cholesterol: 3.67mg (1.23%), Sodium: 194.13mg (8.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.9g (13.79%), Vitamin A: 32105.34IU (642.11%), Manganese: 0.63mg (31.45%), Fiber: 7.11g (28.46%), Potassium: 921.82mg (26.34%), Vitamin B6: 0.52mg (25.77%), Vitamin B5: 2.17mg (21.71%), Phosphorus: 198.02mg (19.8%), Calcium: 184.75mg (18.47%), Copper: 0.36mg (17.88%), Magnesium: 69.5mg (17.38%), Vitamin B2: 0.27mg (16.03%), Vitamin B1: 0.21mg (13.74%), Iron: 1.73mg (9.6%), Zinc: 1.26mg (8.43%), Folate: 33.2µg (8.3%), Vitamin C: 6.78mg (8.21%), Vitamin B3: 1.37mg (6.83%), Vitamin B12: 0.34µg (5.72%), Vitamin E: 0.83mg (5.51%), Selenium: 3.55µg (5.07%), Vitamin K: 5.21µg (4.96%)